

the

# spread



your monthly guide to what's happening in the culinary scene

## Thanksgiving Feast!

# eDining.ca



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## October 2008

## Check out these events in the month of October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<a href="#">Ambassatours Wine Enthusiast Tour</a> 1	<a href="#">Party with a Purpose at Woodshire Inn</a> 2	<a href="#">Art Show + Fine Food at Trellis Cafe</a> 3	<a href="#">Grape Stomp at Sainte Famille</a> 4
<a href="#">Food &amp; Wine Club Spanish Feast</a> 5						<a href="#">Valley pumpkin Fest at Tempest</a> 11
12	13	14	15	<a href="#">Cook book launch at Chives</a> 16	<a href="#">Wine &amp; Dine at Charlotte Lane</a> 17	<a href="#">Iost Vineyards Harvest Fest</a> 18
19	20	21	22	<a href="#">Shuck 'n Sip at Delta Halifax</a> 23	24	<a href="#">Wines of Nova Scotia Dinner at LeCaveau</a> 25
26	27	28	29	30	31	

[Neptune Theatre](#) (Oct. 1-12). [Six-Course Dinner at Fleur de Sel](#) (Oct. 4).

[Oktoberfest 2008](#) (Oct. 4). [Port of Wines Festival](#) (Oct. 3-5).

[Nova Scotia Fall Wine Festival](#) (Now through Oct. 26).

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## An Untraditional Twist... Turkey Alternatives

For many of us the thought of a golden brown turkey filled with delicious stuffing is synonymous with a food lover's favorite holiday: Thanksgiving. But for those people who don't eat turkey, or who might suffer from memories of drowning mom's over-cooked turkey in gravy just to make it edible, there is hope!

The below suggestions are dedicated to those people who dare to replace Thanksgiving dinner's most familiar centerpiece with other just-as-tasty alternatives. Being new to the idea of replacing turkey at Thanksgiving, a bit of research served up two unique and delicious alternatives.

The first turkey substitute is salmon, and although to some people the idea of fish for Thanksgiving may leave them questioning the cook's decision, simply respond "why not?"

A big Atlantic salmon weighing roughly six pounds is more than enough to feed 12 people. While on the website eDining.ca, the recipe for [Salmon with Beurre Rouge and Smoked Salmon Stuffed Baked Potato](#) caught my attention and, as most people would agree, it looks delicious from the picture alone!

If eating fish for Thanksgiving is a bit too daring for you and your family, then try this

next turkey replacement: barbeque chicken. Depending on whether you're a year-round barbequer or an occasional summer grill master, there is still plenty of time to once again fire up the barbeque this fall.

Barbecued Chicken is a classic crowd pleaser and, if combined with the right sauce, creates an unforgettable food experience. A great barbecued chicken recipe on eDining.ca called [Cilantro Pesto Chicken Tenders](#) is guaranteed to bring the most traditional Thanksgiving turkey advocate to the table!

An adventurous cook should know that the main dish options for this holiday can be unlimited, coming in second in importance only to getting together with friends and family. While keeping with the tradition of thankfulness at Thanksgiving, adding an untraditional twist like eating salmon or barbecued chicken at this festive dinner can add conversation to the table and leave your family and friends inspired.

*Happy Thanksgiving  
to all of our readers!*

## 2008 Nova Scotia Fall Wine Festival

There are amazing wine and food events happening across Nova Scotia all year-round, but the fall harvest season is a particularly special time, when the energy is highest, the atmosphere most festive, and the list of activities almost endless.

This fall, discover the passion and artistry of Nova Scotia's winemakers and some of the province's finest chefs. The 2008 Fall Wine Festival will feature wine tastings, grape stomps, gourmet dinners, cooking classes and food-pairing events - there is something for everyone.

Take a look at the many events by visiting

the eDining.ca events calendar, or click [here](#) to view a list of all happenings during the Nova Scotia Fall Wine Festival from the Winery Association of Nova Scotia.

And remember this Thanksgiving to pick up a bottle or two (maybe three...!) of Nova Scotia wine to accompany your family feast!



Nova Scotia Wine has been making waves in the national and international scene. Our vintners have been producing exceptional bottles of grape from our wineries across the province.

In fact, [Nova Scotia winemakers took home a record 19 awards from the 2008 All-Canadian Wine Championships](#), even topping out categories from the record number of entrants competing for best overall vintages.

Click [here](#) (+ scroll down) for a list of winners and the wines you will want to pick up this Thanksgiving!

The Wine Spectator Awards released the best places to swirl, sniff and sip and Nova Scotia's restaurateurs sure know how to pick 'em!

Click [here](#) for a list of noted establishments, like Seven Wine Bar, Cut Steakhouse, Gabrieau's Bistro, Onyx, Rhubarb Grill and Five Fishermen, that boast amazing wine collections and visit them on your next wine tasting!

**Green Wine?** For those of you going green this Thanksgiving, you may want to pick up a bottle of 100% Nova Scotia grown Chardonnay from Blomidon Estate Winery.

Blomidon Estate Winery keeps its chemical usage at the vineyard to a minimum, using only water and peroxide, which makes a big difference in the flavour of their wines by minimizing its exposure to toxins.

This wine would pair nicely with a free-range turkey from [EdenValley Farms](#), a company that has been supplying fresh and frozen chicken and turkey and top quality eggs to Atlantic Canada for 65 years!

And let's not forget about all the fix'ens! It's harvest season in Nova Scotia and our farmers' plots are teeming with fresh produce begging to be put on your Thanksgiving table!

**It's peak season for Thanksgiving favourites** like buttercup squash, rutabagas, cranberries, parsnips, potatoes and pumpkins! Be sure to visit your local farmers market or farm market for [fresh, local produce that tastes better!](#)



# Oktoberfest

It's time to break out the lederhosen and pour back a pint or two during this annual celebration! Even though this tradition started all the way over in Germany, it doesn't mean you can't enjoy the magic of great food, music and beer right here in Nova Scotia!

The German Canadian Association of Nova Scotia hosts their [authentic Oktoberfest celebration](#) on October 4, including a pork roast, pretzels and polka!

If you can't make it out to the festivities, why not create a celebration of your own. Start off with some great [recipes](#) like sausage and sauerkraut mit speck, Bavarian speckknoedel, or German stollen!

## What are we drinking?

According to the folks at the NSLC - plenty!

The recent sales report from the big retailer indicates that we are drinking more of everything, noting increased sales in all product categories.

Gross sales increased from last year by 5.6% in wine (or \$23.2 million in net sales); 4.9% in beer (or \$69.8 million in net sales); 3.1% in spirits (or \$36.7 million in net sales); and 3.5% in ready-to-drink products (or \$5.7 million in net sales).

Perhaps we are so thirsty and demand so much of the top two breadwinners for the NSLC because of our fantastic brewers and winemakers, who keep delivering nothing but the best!

In fact, Garrison Brewing Co. just took home its second "Beer of the Year" award in as many years from the national competition, beating out 239 beers from all regions of Canada for its gold-winning Imperial Pale Ale!

The following culinary lingo was inspired by Thanksgiving (of course!) and sourced from [epicurious.com](#).

**baste** - to spoon or brush food as it cooks with melted butter or other fat, meat drippings or liquid such as stock. In addition to adding flavor and colour, basting also keeps meats and other foods from drying out.

\*Tip - fatty roasts, when cooked fat side up, do not need basting!

**dressing** - a mixture used to stuff poultry, fish, meat and some vegetables. It can be cooked separately or in the food in which it is stuffed. Dressings (also called *stuffings*) are usually well seasoned and based on bread crumbs or cubes — though rice, potatoes and other foods are also used.

**gravy** - a sauce made from meat juices, usually combined with a liquid such as chicken or beef broth, wine or milk and thickened with flour, cornstarch or some other thickening agent. Gravy may also be the simple juices left in the pan after meat, poultry or fish has been cooked.

## ~ Squash ~

In North America, squash is loosely grouped into summer squash or winter squash, as well as autumn squash depending on whether they are harvested as immature fruits (summer squash) or mature fruits (autumn or winter squash). Gourds are from the same family as squash and some well-known types of squash include the pumpkin and zucchini.

Squash seeds can be eaten directly, ground into paste, or (particularly for pumpkins) pressed for vegetable oil. The shoots, leaves, and tendrils can be eaten as greens!

Buttercup squash is in peak season in Nova Scotia, as are other varieties!

Squash is low in fat and calories, high in Vitamin A + C, and is a good source of potassium.

Try a [squash recipe](#) today!



Why not add [squash risotto](#) as a side to your turkey dinner?

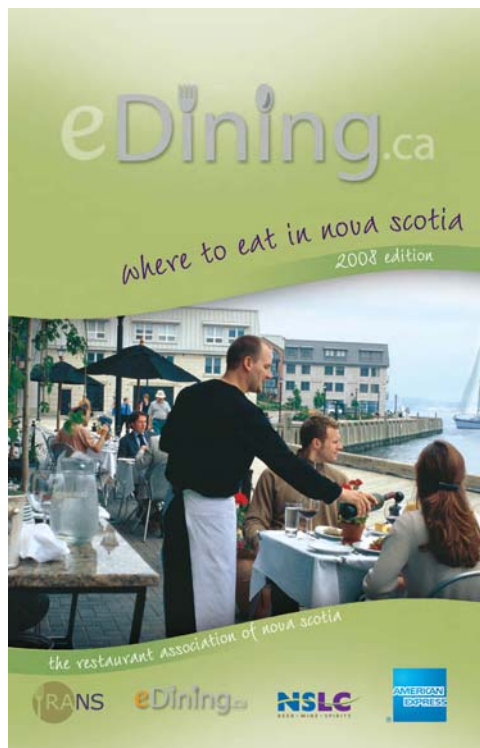
Or try ending the family feast with [acorn squash cake with streusel topping!](#)

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Need cooking tips?

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[your place to shop for unique world-class wine, beer and spirits.](#)